

Blanding, Utah

Emergency Preparedness Manual



Prepared by the:
Blanding Police Department

A MESSAGE FROM POLICE CHIEF JASON TORGERSON

Blanding City has been designated one of the safest places in America, but we are still susceptible to natural disasters and catastrophic emergencies. Therefore, Blanding City is committed to principles of effective emergency management to provide quality emergency response to its citizens.

However, despite the City's efforts, there is still the likelihood that a major disaster would overwhelm the City's and the neighboring community's professional emergency responders for up to several days. Therefore, as part of the emergency planning process, Blanding City recognizes the need for citizens to be prepared organized and trained to effectively work together to quickly assess damages and respond to their own emergency needs.

It is for such a situation that the following Plan has been developed. The opportunity to prepare is immediate. Our deliberate preparation will allow each community member to successfully protect yourself, your family and each other.



"If we are prepared, we shall not fear."

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BLANDING'S RESPONSE IN AN EMERGENCY

Objectives:

Blanding City's responsibility in time of disaster is the same as in normal times. We will serve to protect life and property and the continuation of essential public services.

Blanding City's emergency organization will strive to meet the following objectives:

- Plan for continuity of government
- Provide a basis for the direction and control of emergency operations
- Save lives and protect property
- Repair and restore essential systems and services
- Provide for the protection, use and distribution of remaining resources
- Coordinate Operations with emergency services of other jurisdictions

Support

Blanding's emergency organization will support and be supported by the following emergency organizations:

- Civil Government
- Other cities in and around San Juan County
- San Juan County
- State of Utah
- Federal agencies
- Business and Industry
- Military Support
- American Red Cross & other volunteer agencies

Emergency Organization

Direction and control of the emergency organization during a disaster will be the responsibility of the emergency management commission, which includes the following personnel:

- EMG Coordinator
- Asst. EMG Coordinator
- Chief of Police
- Fire Chief
- Mayor

Emergency Response Network Citywide

In a city wide emergency, citizens are divided into sectors according to LDS Stake Boundaries that incorporate citizens. Since Blanding has one LDS Stake, there will be one sector. All citizens (**LDS and Non-LDS**) should report to the nearest Stake Center to request aid or to volunteer to help others. Each sector location will have emergency radio communications with City Officials to coordinate an emergency response to any disaster.

Each sector is divided into Zones (along LDS Ward boundaries) and each zone is divided into neighborhoods. Neighborhood Leaders (Block Captains) report to Zone Leaders who report to Sector Leaders.

Sector Headquarters (Sector Leader) is located in Blanding at:
Blanding Stake Center 88 West 800 North

Seven Zones divided along LDS Ward Boundaries (Ward Leadership): (See attached map)

Zone 1: First Ward

Zone 2: Second Ward

Zone 3: Third Ward

Zone 5: Fifth Ward

Zone 6: Sixth Ward

Zone 7: Seventh Ward

Zone 8: Eighth Ward

Block Captains are neighborhood leaders from a group of approximately 10 houses. Block Captains will be the local citizens who volunteer to organize and look after neighbors in their block.

Emergency Broadcast System

- Notification of an evacuation will begin with activation of the Emergency Alert System (EAS) and repeated announcements on all radio and television stations.
- Depending on the emergency and if time permits, fire and police personnel will travel streets with their vehicle sirens activated and give public address announcements.
- If a notification to evacuate comes, **DO NOT DELAY**. Do not try to take unnecessary items. Remember: material items can be replaced; your life cannot.
- San Juan County Dispatch, Reverse 911, and Cell phone Technology will also be used.

PERSONAL EMERGENCY PLANNING

Create a Plan

Planning for an emergency in advance can minimize fear and stress. The following activities can help you and your family prepare for an emergency.

Create a Plan

- Meet with your family to discuss possible emergencies and how you will respond.
- Draw a floor plan of your home and mark two escape routes from each room.
- Post emergency telephone numbers near telephones.
- Conduct a home hazard hunt and look for items that may cause injury or damage.
- Make sure your water heater is secured to the wall.
- Learn how to turn off water, gas and electricity main switches (adults only).
- For more information go to www.bereadyutah.gov.

Practice

- Practice drills for each potential emergency, physically going through the movements.
 - Learn how to turn off the water, gas and electricity at main switches.
- DO NOT** practice turning off gas lines as they need to be turned back on by a professional, which may take a while.

Plan to Reunite After an Emergency

- Choose one local and one out-of-state relative or friend for family members to call if separated by an emergency. All family members should know who the contacts are, their phone numbers and how to call them. These contacts can help family members know where the others are and how to reach them.
- Choose two meeting places to reunite after an emergency. One should be near your home and the other should be outside your neighborhood in case you cannot return home after the emergency.

First Aid Kit Supplies

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- 40" triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls}
- Scissors and tweezers
- EpiPen (if allergic to bee stings)
- Sewing needles
- Moistened towelettes
- Antiseptic soap
- Antiseptic solution- iodine compounds
- Neosporin
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or lubricant
- Safety pins in assorted sizes
- Cleansing soap
- Latex gloves (2 pairs)
- Sunscreen
- Insect repellent
- Caladryl
- First Aid Manual

Non-Prescription Drugs

- Aspirin or other pain reliever
- Anti-diarrhea medication
- Antacid (upset stomach}
- Burn Free
- Laxative
- Activated charcoal (use if advised by Poison Control Center)



72 Hour Kit

Water:	Three gallons per person per day for three days (eight drops chlorine bleach per gallon)
Food:	Minimal-preferably non-cook, lightweight, palatable; can opener, cooking and eating utensils, pots, plates, cups
First Aid:	Personal medications, First Aid Kit
Clothing:	One change, extra shoes, rain and winter gear, leather gloves
Bedding:	Sleeping bags, blankets, tarp
Personal:	Toothbrushes, toothpaste, shampoo, lotion, chapstick, comb, brush
Sanitation:	Airtight bucket or portable toilet, toilet paper, newspaper, soap, towel, disinfectant, trash bags, bleach
Shelter:	Tent or tarp, rope 1/4" x 36'
Fuel:	For cooking, light, heat
Tools:	Pocket knife, small tools, axe, pointed shovel
Light:	Flashlights, batteries, candles, waterproof matches, optional kerosene lantern
Communication:	Radio, batteries, <i>one whistle per person</i>
Papers and Keys:	Wills, testaments, securities, stocks, titles, certificates, insurance, current family pictures, I.D. cards and tags, house appraisal and photos, inventory of household items, pencil and paper, maps, address book, emergency manual, books, house and car keys, consent forms to treat minor children
Money:	Cash, quarters for phone, charge cards
NOTE:	Store the items you will most likely need during an evacuation in an easy-to-carry container. Possible containers include a large trash container, bucket, camping backpack, or duffle bag. Keep your 72-hour kit in a cool, dark and dry location. Make sure everyone in the house knows where it is.

Food Storage

If activity is reduced, healthy people can survive on half their usual food intake for an extended period of time. Unlike water, food can be rationed, except to children and pregnant women. Remember to store food your family will eat.

Store at least a three day supply of non-perishable food in a dry place where the temperature is not above 70° F and not below freezing. Store food in tightly closed cans or metal containers off of the floor so the food stays as fresh as possible and animals cannot eat it.

Select foods that require no refrigeration, preparation, cooking, and little or no water. If you must heat your food, pack a can of Sterno. Select food items high in calories and nutrition, which are also compact and lightweight. Consider the special needs of those in your household, such as infants or those on special diets, and include appropriate food items.

Remember to label food items with content and date. Use stored foods before they go bad and replace them with fresh supplies. Rotate food storage every six months.

Suggested food items include the following:

- Canned juices and canned milk
- Staples-wheat, corn, beans, sugar, and salt
- Ready-to-eat canned meats, soups, fruits and vegetables
- Vitamins
- High energy foods-peanut butter, jelly, granola bars, trail mix, crackers
- Comfort/Stress foods-cookies, hard candy, sweetened cereal, lollipops



Water Storage

Store at least three gallons of water per day for each person in your household, and have a two week supply of water for each household member. People in hot environments, extremely physically active people, nursing mothers, children and ill people will need more water.

The average person needs to drink at least eight glasses of water each day; however, four glasses a day is OK for a short period. Water is also necessary for food preparation and sanitation. However, towelettes, washrags and alcohol can be used for sanitation, enabling more water for drinking.

Store water in thoroughly washed plastic containers. Soft drink bottles work well. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. Use rope to join your water containers in case you are displaced from your home in an emergency. The rope allows you to carry the bottles around your neck. Keep your water supply away from sun, heat, gasoline and pesticides.

In the event of an emergency, you can also utilize alternative water sources, such as the hot water tank, the water in your pipes and the water in the reservoir tank of your toilet (not the bowl.)

To purify water, boil it for ten minutes and chlorinate it by adding two drops of bleach per quart of water or use purification tablets, such as iodine or halazone. Iodine and/or halazone should not be used for more than two consecutive weeks.



Remember to rotate your water supply every six months.

Disabled & Special Needs

People with disabilities should take extra precautions when preparing for a disaster. One of the most important things you can do is have a buddy, someone who can help you evacuate and take care of you. During an emergency, your usual caregiver may not be able to help you. Make sure your buddy knows how to operate any medical equipment you use.

Extra supplies people with disabilities and special needs may require are:

- Prescription medications, a record of when and how much of the medicine you should receive
- Prosthetic devices
- List of style and serial numbers of medical devices
- Extra eye glasses, a record of the prescription
- Emergency medical certification
- Extra oxygen
- Extra pillows and bedding
- Medical insurance and Medicare cards
- Back-up power supplies or generators for heat or air-conditioning
- Extra wheelchair batteries
- Hearing aids, batteries

Pets

You need to have an emergency plan and kit for your pets. Red Cross shelters cannot accept pets because of state health and safety regulations. Only service animals are allowed in the shelters. Safe places to keep your pets are the following:

- Hotels and motels outside of your immediate area that accept pets
- Homes of friends and relatives outside of the area
- Boarding facilities, veterinarians, or local animal shelters (last resort)

Keep 24-hour phone numbers with the disaster supply kit for your pet.

Include these items in the disaster supply kit:

- Medications, medical records, pet first aid kit with first aid manual
- Carriers and/or sturdy leashes or harnesses
- Food, can opener, potable water and bowls
- Cat litter pan, scoop and plastic bags for waste disposal



Helping Children

Children experience trauma and fear during a natural disaster. If they know what to do because they have practiced family disaster drills, they should be more calm. When parents are calm, children calm down more quickly.

Before a disaster, parents can prepare children.

- Develop and practice a Family Disaster Plan
- Teach children how to recognize danger signals
- Explain how to call for help (911)
- Help children memorize important family information
- Include children's toys and special foods in 72-hour kit

After a disaster, children are most afraid the disaster will happen again, someone will be hurt or killed, and they will be separated from family and left alone.

Parents can help minimize their children's fears.

- Keep the family together; do not leave children with relatives or friends. Take your children with you
- Calmly and firmly explain the situation and your plans
- Talk to your children at eye level
- Encourage children to talk about the disaster and ask questions
- Include children in recovery activities by giving them chores that will help them feel they are helping things get back to normal
- Reassure children with firmness and love

Sympathize with and resolve their anxieties. Hold your children and spend more time with them.

For more information go to www.bereadyutah.gov

Sheltering in Place

Sheltering in place simply means staying inside your home or business. During an accidental release of toxic chemicals, or emergencies involving hazardous materials where air quality may be threatened. Sheltering in place keeps you inside a protected area and out of danger.

If sheltering in place is necessary you will be notified by the "Emergency Broadcast System" (See earlier section). If you are asked to shelter in place take the following steps:

- If possible, bring outdoor pets inside.
- Close and lock all doors and windows to the outside.
- Turn off all heating/air conditioning systems, and switch inlets or vents to the closed position. Close all fireplace dampers.
- Seal gaps around window-type air conditioners, fireplace dampers, doors and windows with plastic sheeting, wax paper, or any other suitable material and tape.
- Seal bathroom exhaust fans or grills, range vents, dryer vents, and any other opening to the best extent possible.
- Close drapes or shades over windows. Stay away from windows.
- Remain in place until you are told by Police or Fire officials or through radio or TV broadcasts that it is safe to leave.

If time does not permit you to seal the entire home, close as many internal doors as possible, move to the most central room in your home and seal that room as above.



It is a good idea to take your 72 hour kit and a supply of water with you as you shelter in place.

RESPONSES TO SPECIFIC DISASTERS

Earthquakes

Before an Earthquake

- Store water and food supply.
- Organize a 72-hour portable emergency kit.
- Bolt down or provide strong support for appliances.
- Secure shelves and furniture that could fall over.
- Consider earthquake insurance.
- Know how, where and when to turn off electricity, gas and water.
- Take a first aid course.
- Do not place mirrors or glass frames above beds.
- Plan and practice a family drill at least once a year.

During an Earthquake

- STAY CALM.
- *Inside:* Stay inside and find protection in a doorway, or crouch under a desk or table, away from windows, glass, brick walls and chimneys.
- *Outside:* Stand away from buildings, trees, telephone and electric lines.
- *On the Road:* Drive away from under-passes/over-passes; stop in a safe area; stay in vehicle.
- *In an Office Building:* Stay next to a pillar or column, or under a heavy table or desk.

After an Earthquake

- Check for injuries. Provide first aid.
- Check for fires; gas, water, sewage breaks; downed electric lines; building damage and potential problems during aftershocks, such as cracks around fireplace and foundation. Turn off interrupted utilities as necessary.
- Clean up dangerous spills.
- Wear shoes and leather gloves.
- Tune radio to an emergency station and listen for instructions from public safety agencies.
- Use the telephone only for emergencies.
- As soon as possible, notify family that you are safe.
- Do not use matches or open flames until you are sure there are no gas leaks.
- Do not turn light switches off and on. Sparks created by the switch contacts can ignite gas fumes.
- In public buildings, follow evacuation procedures immediately and return only after the building has been declared safe by the appropriate authorities.

Gas Leaks

Emergency Control of Gas

- Check house piping, appliances and vents for damage by feeling the gas line for leaks, smelling for gas, or viewing a broken gas line.
- Check for fires or fire hazards.
- Do not use matches, lighters or other open flames.
- Do not operate electrical switches, appliances or battery-operated devices if you suspect natural gas leaks. This could create sparks that could ignite gas from broken lines.
- **DO NOT SHUT OFF GAS IF THERE ARE NO LEAKS.** If gas line breakage is suspected, shut off the gas at the meter.
- Wear heavy shoes in all areas near broken glass or debris. Keep your head and face protected from falling debris.
- Turn on a battery-operated radio if no gas leaks are found or a car radio to receive disaster instructions.
- Do not use your telephone except in extreme emergency situations.



Fires

Before a Fire

- Make sure home is free of unnecessary combustible materials.
- Do not store flammable liquids inside the home.
- Do not run wires under carpets or rugs.
- Do not store matches or lighters where children can get them.
- Do not leave cooking unattended.
- If you smoke, do not smoke in bed or in other positions where you may doze. Also, have many large ashtrays in the home.
- Know avenues of escape. Always have two ways out of every room.
- HAVE A PLACE TO MEET so no one tries to go back into a burning building to look for someone needlessly.
- Have fire extinguishers near the kitchen and the garage.
- Have escape ladders for all high windows.
- Install a smoke detector in every bedroom, in every hallway outside of a bedroom, and at least one on every level of the house. Test the smoke detectors monthly. Change the batteries in the smoke detectors in the fall when you change your clocks.
- Install a carbon monoxide detector.
- Plan and practice a family fire drill on the first of each month. A good plan will have a place to meet, two ways out of every room, and escape ladders.



"Install a smoke detector in every bedroom, in every hallway, and at least one on every level of your home."

| EMERGENCY PREPAREDNESS MANUAL

During a Fire

- If you are outside, **STAY OUTSIDE**. Do not return for anything. Do not reenter the building until appropriate authorities have given permission.
- If you are inside, **GET OUT**. Go to the nearest house or building and call Blanding Fire Department by dialing 911. Report the address and type of fire. Listen to and follow instructions. Go to family meeting place.
- If you are inside and have time, make sure everyone is out.
- If you are in a closed room or office, do not open the door without first feeling it or the door knob. If it is warm or hot, do not open it, but unlock it to help rescue or fire personnel.
- If there is smoke, get under the smoke, no matter how low it is, and get out of the building.
- If you cannot use the door or other means of escape to exit and if there is smoke, use clothes, sheets, etc. to stop the smoke from coming in. Go to the window and yell or blow a whistle.



- If you are at home and there is a window, stay close to the floor and exit through the window, using the escape ladder if necessary.
- If you catch on fire, do not run. **STOP** where you are. **DROP** to the ground and cover your face. **ROLL over** and over to smother the flames.
- If you see someone on fire, use a coat or blanket, etc., but not your bare hands, to smother the flames.
- Watch to see that **nobody** goes back inside to rescue anything or anyone.
- Turn off the gas and electricity, if possible, from outside of the house.
- In a public building, know two ways out. If you hear a fire alarm, immediately exit the building regardless of what you are doing. Follow the established evacuation instructions.

Winter Storms

Before the Storm

- Arrange for emergency heat supply in case of power failure.
- Prepare auto, battery-powered equipment, food, heating fuel and other supplies.
- Prepare a winter survival kit. Include the following items in your car kit: blankets or sleeping bags, flares, high energy foods (candy, nuts, raisins), first aid kit, flashlights, extra clothing, knives, compass, candles and matches, maps, jumper cable, tow chain, shovel, windshield scraper, sack of sand, and paper and pen to leave a note in case you evacuate your car.
- Your car will help you keep warm, visible and alive if you get trapped in a winter storm. A lighted candle will help keep you from freezing, but remember to have a window open slightly for ventilation.
- Keep car fuel tank above half full.

During and After the Storm

- Dress warmly. Wear multiple layers of protective, loose-fitting clothing, scarves, mittens and hoods. Cover your mouth and nose to protect lungs from extremely cold air.
- Avoid travel. If you get stranded, stay in your vehicle and keep it ventilated. Bundle up, light a candle for warmth, occasionally change positions and **DON'T PANIC**.
- Avoid overexertion. Heart attacks are a major cause of death during and after winter storms. Shoveling snow or freeing stuck vehicles can be extremely Hard work. *Don't overdo it!*
- Beware of the chill factor if winds are present.
- Be prepared for isolation at home. Make sure you can survive for a week.

"Prepare a car survival kit"



Floods

Before the Flood

- Know the elevation of your property in relation to flood plains, streams and other waterways. Determine if your property may be flooded.
- Plan what to do and where to go in case of a flood.
- Store food, water and critical medical supplies.
- Fill your car with gas in case you must evacuate.
- Move furniture and essential items to higher elevation, if time permits.
- Have a portable radio and flashlights with extra batteries.
- Open basement windows to equalize water pressure on foundations and walls.
- Secure your home.
- Consider flood and earthquake insurance.

Evacuation

- Listen to local radio or TV for weather information. (KSL TV, KSL radio 1160 AM)
- If asked to evacuate, shut off main power switch, main gas valve and water valve. Follow local evacuation plan and routes.
- Do not attempt to drive over a flooded road: it may be washed out. While on the road, watch for possible flooding of bridges, dips and low areas.
- Watch out for damaged roads, slides and fallen wires.
- Drive slowly in water; use low gear.
- Abandon your vehicle immediately if it stalls and seek higher ground.
- Do not attempt to cross a stream on foot where water is above your knees.
- Register at your designated Evacuation Center and remain there until informed you may leave.

After the Flood

- Remain away from evacuated area until public health officials and building inspector have given approval.
- Check for structural damage before entering.
- Make sure electricity is off; watch for electrical wires.
- Do not use open flame as a light source because of the possibility of escaping gas. Use flashlights. Beware of dangerous sparks.
- Do not use food contaminated by flood water.
- Test drinking water for suitability with test kits.
- Avoid walking in flood water.
- Do not let children play in flood water

Home Electrical Circuits

- Familiarize yourself and your family with the location of the electrical breaker panel.
- Turn off breakers for areas of concern.
- If in doubt, shut off main breaker, which could be inside or outside your home.
- In cases of basement flooding, think before stepping in any water.
- A shock hazard may exist even in an inch if an extension cord connection is on the floor.
- If the electrical panel is upstairs, shut off all circuits.
- If the electrical panel is in the basement, determine whether it can be reached on dry ground. If not, refer to the next step.
- Check your house electrical meter. If it is on your home, there may be a main disconnect switch (breaker) next to it. If the meter is on an underground service, It may be in front of your home; but there should be a main breaker where the line enters the home. Shut it off!



Thunderstorms and Lighting

- Get inside a home or large building when a storm approaches. Stay indoors and don't venture outside unless absolutely necessary.
- Stay away from open doors, windows, fireplaces, radiators, stoves, metal pipes, sinks and appliances.
- Do not use plug-in electrical equipment-hair dryers, electric blankets or razors during the storm.
- Use telephone for emergencies only. Lightning may strike the telephone lines outside.
- If you are outside, with no time to reach a safe building or vehicle, follow these rules:
 - Do not stand under a natural lightning rod such as a tall, isolated tree in an open area.
 - Stay close to the ground.
 - Get out of the water and off small boats.
 - Get away from tractors and other metal farm equipment.
 - Stay away from wire fences, clothes lines, metal pipes, rails, exposed sheds or anything that is high and could conduct electricity. Some of these items could carry electricity to you from some distance away.
 - Don't use metal objects: fishing rods, golf clubs, cleats, etc.
 - Stay in your vehicle if you are traveling.
 - Get off and away from motorcycles, scooters, golf carts and bicycles.
 - If buildings are not available, seek protection in a cave, ditch, canyon or under head-high clumps of trees.
 - If only isolated trees are nearby, your best protection is to crouch in the open, keeping twice as far away from isolated trees as the trees are high.
 - When you feel an electrical charge: if your hair stands on end or your skin tingles, immediately drop to the ground.

**"Lightning is Utah's number one
weather-related killer."**

High Winds

Before High Winds

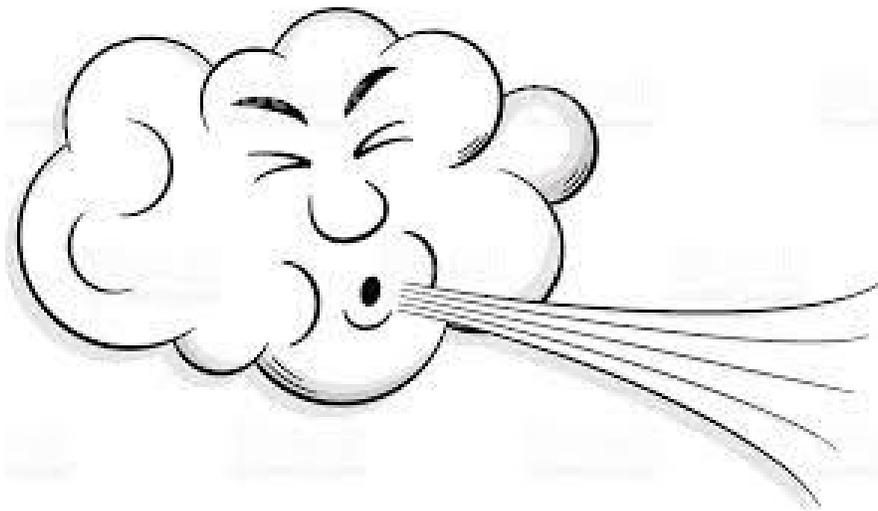
- Survey your property. Take note of materials stored, placed or used, which could become missiles and destroy other structures or be destroyed. Devise methods of securing these items where they will still be accessible for day-to-day needs.
- Keep radio and/or TV on and monitor for wind advisories.
- If possible, board up, tape or shutter all windows, but leave some ventilation.
- Store water in case water service is interrupted.
- Have a supply of flashlights, spare batteries, candles, first aid equipment, medicines, etc., available for use.
- Secure outdoor furniture, trash cans, tools, etc.

During High Winds

- Take shelter in hallways and closets; avoid windows.
- Stay out of areas where flying objects may hit you or destroy your place of refuge.

After Winds Subside

- Inspect for structural damage.
- Check all utilities for damage and proper operation.
- Monitor radio and TV for instruction from local leaders.



Hazardous Materials

Before

- Survey home and premises to determine types and amounts of hazardous materials on hand.
- Read labels and become familiar with potential dangers of materials used in the home.
- Provide proper storage and safeguards for hazardous materials. Commercial fertilizers and petroleum products in proper proportions are components of plastic explosives. Never store in same storage area.
- Most household cleaning agents are hazardous materials. Use, store and dispose of them properly.
- Sort through your storage containers. If you don't remember what is in them or cannot read the labels, dispose of the containers.

After

- Each situation with hazardous materials will call for a different response. Review sections on fire and poison control for those specific directions.
- Remember, personal safety is of the utmost importance. Do not allow yourself or others to become part of the problem by endangering lives or property in an effort to gather information or control the situation without professional help.



Power Outages

Before Power Outage

- Learn location of fuse box or circuit breaker.
- Store candles, flashlights and extra batteries near bed.
- Have food and water supplies on hand.
- Know the locations of all camping equipment: stove, lantern, sleeping bags. Make sure equipment is operational and that you know how to use it. Use camping equipment requiring gasoline, propane, white fuel, Coleman fuel or charcoal briquettes outside only.
- Keep refrigerator well defrosted.

During the Power Outage

- Unplug all your appliances. The surge of power that comes when power is restored could ruin appliances.
- Turn off all but one light switch.
- Open refrigerator door only to take food out, close as quickly as possible. Place dry ice in a cardboard box and then on top of food.
- Use camping equipment outside, six feet away from everything. Use only a fireplace, properly installed wood stove or a new-style kerosene heater in a safe area with fresh outside air coming into area.
- Report any downed lines.
- Do not allow children to carry lanterns, candles or fuel.

After the Power Outage

- When power is restored, plug in appliances one by one, waiting a few minutes between each one. This will prevent overloading the system.
- Be patient. Energy may first be restored to police and fire departments and hospitals.
- Examine your frozen food. If it still contains ice crystals, it may be refrozen. If meat is off-color or has an odd odor, throw it away.

Electromagnetic Pulse (EMP)

- An intense pulse of electromagnetic radiation, especially one generated by a nuclear explosion and occurring high above the earth's surface.
- EMP interference is generally disruptive or damaging to electronic equipment.
- Weapons have been developed to create the damaging effects of high-energy EMP. These are typically divided into nuclear and non-nuclear devices.
- EMP could knock out power grids. Follow power outage/nuclear protocol.

Nuclear Safety

During Nuclear Attack

- If you have advanced warning, take your 72-hour kit and go to an approved shelter or your basement. Huddle close to the floor and as near to the south wall as possible. Get under a table for protection from falling objects.
- Do NOT attempt to evacuate your shelter until advised.
- If you see a nuclear flash and feel sudden heat, take cover INSTANTLY, within one to two seconds. Drop to the ground and curl up tightly, covering as many parts of your body as possible. When a shelter is in place go to it once the heat and blast effects have cleared.
- Never look at the light of a nuclear explosion.

After Nuclear Attack

- Take cover in an underground shelter, basement, etc.
- Remove contaminated clothing.
- Wash yourself thoroughly with soap and water. Wash your head and nose hairs especially well.
- If source of radiation is known and travel advisable, travel in the opposite direction and go up wind from radiation.
- Remain in protective shelter for three days. Limit your exposure to contaminated areas.
- If someone needs radiation sickness treatment, keep the victim calm, give emotional support and plenty of fluids.
- Wipe food and water containers with a clean cloth to remove particles of fallout, which resemble sand or salt.

Blanding's Situation

- Since Blanding is 300-400 miles away from Hill Air Force Base, Tooele Army Depot and Salt Lake City Airport, which are high probable targets, most people in Blanding will survive a nuclear attack on those locations. Follow instructions and stay calm.
- White Mesa Uranium Mill is a probable target for attack. This Mill is 11 miles to the south. Be ready to find shelter from any possible attack.

Poison Control

Before Poisoning

- Place Poison Control number 1-800-222-1222 near the phone.
- Do not leave children alone or unattended.
- Be aware of all potential hazards in your home.
- Teach children to ask before putting anything in mouth.
- Never call medicine "candy."
- Keep a bottle of ipecac and activated charcoal on hand.

After Poisoning

- Stay calm.
- Call the Poison Control Center at 1-800-222-1222 or 911.

Inhaled Poisoning

Immediately get the victim to fresh air. Avoid breathing fumes. Open doors and windows wide, if victim is not breathing, start CPR.

Poison on the Skin

Remove contaminated clothing. Call Poison Control Center. Flood skin with water for ten minutes. Then wash skin gently with soap and water and rinse.

Poison in the Eye

Flood eye with lukewarm (not hot) water poured from a large glass two or three inches from the eye. Repeat process for 15 minutes. Have victim blink as much as possible while flooding the eye. Do not force the eyelid open.

Swallowed Poison

Unless victim is unconscious, having convulsions or cannot swallow, give milk or water immediately. Then call Poison Control Center to see if you should induce vomiting.



Utah Poison Control
1-800-222-1222

EMERGENCY PHONE NUMBERS

LIFE OR DEATH SITUATIONS 911

Blanding Police (Business Line)678-2334

Poison Control 1-800-222-1222

Public Utilities

Blanding City Office..... 678-2791

24 hour Emergency Calls. (San Juan County Dispatch)..... 1-435-587-2237

Other Important Numbers

Statewide Road Conditions1-800-492-2400

Your Family Doctor: _____

Your Family Emergency Contact: _____

Out of State Contact _____

FOR HELP OR TO VOLUNTEER ASSISTANCE:

Our nearest zone meeting point (nearest LDS Chapel) is located at:

Our nearest Sector meeting point (nearest LDS Stake Center) is located at:
88 West 800 North

(See Emergency Response Network Citywide, page 2)

**Remember, telephone lines will probably
not be working after a natural disaster.
Use CB, FRS, and ham operator radios.**

| EMERGENCY PREPAREDNESS MANUAL

Blanding City Zones

